

Frederick County **Diabetes** Coalition

PRESENTS...

DATES: NOVEMBER 1-30, 2011

Healthy meal options will be offered at all participating restaurants for people with diabetes or for anyone wishing to eat healthier. The healthy meal options have:

550 total calories or less, 45-60 grams of carbohydrates, 18 grams of total fat or less with 5 grams of saturated fat or less, 750 mg of sodium or less, and 0 grams of trans fat. **Order and enjoy.**

Don't forget to tell us how you *rate your healthy meal*. The restaurant with the highest rated meal will be awarded a prize. Come and join the challenge!

Participating Restaurants

Acacia • Asian Bistro*
Brewer's Alley
Firestone's Culinary Tavern
La Paz • Mariachi Restaurant*
Mexicali Cantina
Subway—69 S. Market St.*
Subway—913 W. 7th St.*
Wegmans

****Offering healthy children's meals too!***

Restaurant Challenge
2011

Thank you to our partners:

